

THE CHRONICLE

Week of February 18, 2008

Purdue University Calumet

<http://www.pucchronicle.com>

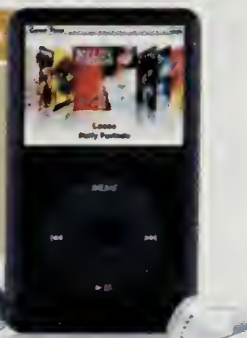


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Textbooks: A lingering issue

PUC uses
new solutions
for an old
problem

Brandon Thomas
Senior Staff Writer

Students need textbooks but their prices are hogging funds and are, at times, unavailable.

Some faculty members are attempting to solve issues involving texts because cost and availability have become a national epidemic.

The Follett Web site will contain the title, author, edition and the International Standard Book Numbers of a given course's text.

The bookstore will also post whether the text is required or recommended.

Follett will then post the information once professors adopt their texts for the semester.

The university set the adoption deadline as five to six weeks prior to the next semester. Students can find textbook information sooner from the secretaries of a given course's department.

An enforced deadline allows Follett to order more used books for students. Universities across the country compete with a select amount of wholesalers for used texts.

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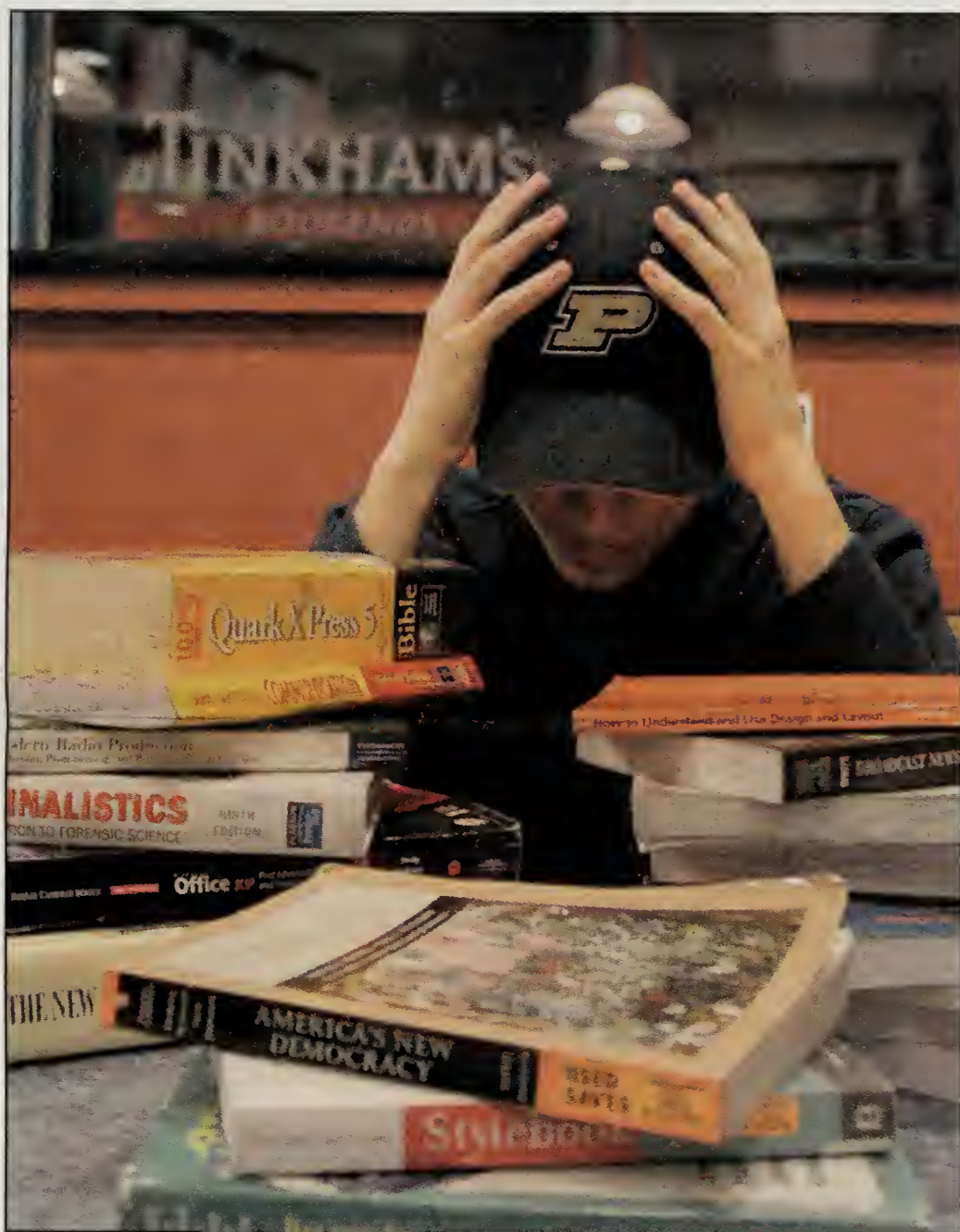


Photo illustration by Nathyn Gibson

Inconsistent deadlines for textbook adoptions and a lack of communication between PUC and Follett are often to blame for students receiving their textbook information late or not at all.

Customer service gets dismal reviews

Mike Ayala
Staff Writer

The customer service of PUC is in need of drastic improvement, according to a data collection project conducted by Organizational Development Solutions.

A group of secret shoppers, who consisted of males, females, blacks, whites and Hispanics, posed as either potential students interested in enrolling in PUC or transferring from another college.

The shoppers requested information from a variety of locations, including Financial Aid, the Registrar, the Department of Communication and Creative Arts and the School of Management. Interac-

tions were conducted both in person, and by telephone.

The results of the study, commissioned by Chancellor Howard Cohen, were not flattering.

Shoppers described the PUC staff as curt, giving conflicting information when asking several staff members the same question and giving the shoppers the impression their questions were stupid. They also reported they were told offices close at 4:30 p.m., and they would need to make an appointment.

Shoppers encountered problems when trying to obtain information by telephone too.

According to the survey, a call was never returned after shoppers left a message.

Spanish-speaking students were transferred multiple times in every case, and in one case a staff member laughed at a shopper's question. The report also said staff never gave their name or department when answering the phone.

In addition, 103 students were surveyed on campus and by telephone. Students said advisers were not helpful and required an appointment in order to see them, that departments were always blaming other departments for not doing their jobs, and administrators would refer them to depart-

**See Shopper
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PUC Data Collection Project Scores

Greeted immediately
Yes: 20% | No: 80%

Smiles at customer
Yes: 50% | No: 50%

Ask how they can help
Yes: 10% | No: 90%

Actively listens
Yes: 30% | No: 70%

Practices confidentiality
Yes: 0% | No: 100%

Source: ODS Data
Collection Project

PUC to
discuss NIU
tragedy

Brian Bultema
News Editor

Ren Pan isn't used to much violence.

Pan, a sophomore majoring in electrical engineering, said she was shocked when she heard about the shooting at Northern Illinois University on Thursday, the fourth school shooting in the United States last week.

Six students were killed during an afternoon oceanography class, including the 27-year-old gunman Steven Kazmierczak who rushed the auditorium stage brandishing two handguns and a 12-gauge shotgun.

Kazmierczak then killed himself after shooting a total of 21 students.

Pan said the massacre frightened her because it was so close to Northwest Indiana.

"I'm wondering if someday it will happen to me," Pan said.

Pan, who came to the United States from China two years ago, said gun policies in her country prevent people from committing mass murder like the incident at NIU.

"In my country we are not allowed to own guns," she said.

Now college campuses across the United States are reviewing safety policies and procedures in response to the shooting, including PUC.

Members of PUC's Crisis Management Team, including Chancellor Howard Cohen, will hold a forum on Tuesday at 1:30 p.m. in Calumet Falls to discuss concerns with the emergency preparedness strategy.

The event is titled "Could NIU Happen at PUC?" and Wes Lukoshus, assistant vice chancellor for advancement, said it is intended to inform students exactly what to do during a campus emergency. Students will also be able to give input during a question and answer time.

"The campus is open by nature," Lukoshus said. "There's no such thing as a lockdown but we can be more vigilant."

Lukoshus said PUC is not taking additional precautions this week due to the NIU shooting, but additional measures to alert students to emergencies on campus are being considered, including a campus text messaging system.

The Chronicle is looking for a business manager

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What's Going On? A Look Around...

Taste of Africa

Building Community through the Arts is sponsoring "A Taste of Africa" on Feb. 23 from 2 p.m. to 5 p.m. in Alumni Hall.

The event will feature authentic African food, storytelling, music and arts and crafts. Admission to this event is free and open to the public.

Backpacks to Briefcases

The Office of Career Services is holding another segment of the Backpacks to Briefcases series on Feb. 21 from 3 p.m. to 4 p.m. in SUL 305. This event is called "The Dish on Dress."

Lorraine Fiordelisi will speak on the proper dress required for interviews and office life.

The event is free for students. For more information, call Career Services at 989-2600.

Open counseling session

The Non-Traditional Student Organization is sponsoring an open session with a counselor from the PUC Counseling Center on Feb. 21 at 6 p.m. in Anderson 224.

The counselor will speak on the demands of balancing work, home and school as a student at PUC. The event is open to all students and faculty.

Financial planning seminar

The Purdue Alumni Association and the School of Management are hosting a financial planning seminar for recent graduates and upcoming graduates on Feb. 21 from 6 p.m. to 8 p.m. at the Calumet Conference Center.

The speaker will be Purdue Calumet's award-winning professor of finance Dr. Pat Obi. Attendees will learn about paying off student loans, funding advanced degrees, refinancing homes and more.

The event is free and hors d'oeuvres will be provided.

To register, call the alumni office at 989-2308 or e-mail PAAC@calumet.purdue.edu.

International Film Series

The International Film Series is presenting its third film, "L'Atalante," on Feb. 20 at 7 p.m. in SUL 353. The film is the third out of four French films showing during the series.

There will be a brief discussion before and after the film.

Stark-Tinkham Writing Contest

The Department of English and Philosophy is inviting submissions for the Stark-Tinkham Writing Contest.

Poems, stories and non-fiction essays are welcome, and electronic submissions are now accepted.

Prizes include gift cards from retailers including Best Buy and Target.

The deadline for submissions is March 19. For complete rules and instructions, click on the Stark-Tinkham link on the English and Philosophy homepage, <http://www.calumet.purdue.edu/eng-phil>, or email starktinkham@calumet.purdue.edu.

PUC Counseling Center

The Counseling Center at PUC is setting time aside this semester for walk-in students and faculty.

Every Tuesday from 10 a.m. to 11 a.m. and every Wednesday from 1 p.m. to 2 p.m. the Counseling Center will allow those who do not have an appointment to visit the center.

For additional information about the center please call 989-2366.

Chancellor's Reading Circle

The spring Chancellor's Reading Circle will be held on Mar. 19 from 7 p.m. to 9 p.m. at the Kuiper house, one block from campus.

Book discussion

Dr. John Lucas will facilitate a discussion of the book "Wins, Losses and Lessons" by Lou Holtz.

Interested students may register in the Office of Student Activities at SUL 104B.

Books are free and refreshments are provided.

Submitting Briefs

Anyone interested in publicizing events, organizations, clubs or departments in "What's Going On?" must submit briefs the Monday before publication. The Chronicle does not guarantee placement of briefs submitted.

Please limit submissions to four sentences and include the first and last name of the contact person.

Briefs may be submitted via e-mail at chronicle@calumet.purdue.edu or campus cc: mail - Chronicle or to the newsroom located in the Student Union and Library building, room 344H.

THE CHRONICLE

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ASSOCIATED
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Students learn the art of brewing



Chronicle photo by Don Lail

Brewing Science student Brandon Berk, a student in the Department of Communication and Creative Arts, inspects a sample of his beer during class.

Don Lail
Chronicle Correspondent

The combination of students, a professor and beer wouldn't normally be approved by PUC administration.

That was until professor Michael Pelter thought up an unusual lab science course five years ago.

In 2003 the Department of Chemistry and Physics first offered a course titled Brewing Science, a class that teaches students how to brew their own beer.

"It's sort of a hobby that got turned into a course," Pelter said.

Pelter was the department head of the Department of Chemistry and Physics when the course was initially offered, but said he had widespread support from the PUC administration.

The class is usually full within a week of it being offered, he said. Most students take it to fulfill a requirement or because they are interested in beer. The course does fulfill the lab science requirement for general education.

Pelter said often students don't know what to expect, but few students drop the course.

Pelter describes the Brewing Science class as a science class built around a theme. The course follows the brewing process from "grain to glass" and

also covers the history of brewing.

Students also keep a beer journal designed for them to have a record of beer tasting.

But it's not all academic.

"One thing we do is taste beer," said Pelter. "We try one at the beginning of class and one at the end."

Pelter said students don't brew for mass consumption and cannot take beer out of the classroom. After a lab, all the students' products go down the drain.

Cassidy Mazzoni, a behavioral sciences student, said she didn't know what to expect when signing up for the course.

"I got here and I was like— whoa—this is a little more involved than just drinking beer," Mazzoni said.

Harold Pinnick, department head of the Department of Chemistry and Physics, expressed interest in expanding the class.

Pinnick mostly advises biology and chemistry majors, but from these students alone, Pinnick has received positive feedback about the class.

"The class depends on the expertise professor Pelter has to offer," Pinnick said.

He's been teaching and homebrewing since 1991 and is a "card-carrying" beer judge. He began honing his interest in brewing at the Siebel Institute of Technology, a school specializing in brewing science.

Davis advances to 'Idol' round of 24

Isabel Rodriguez
Editor in Chief

Region business and restaurant owners are showing who their vote is going to.

Signs around the town of Lowell colorfully display "Good luck Amy Davis" in celebration of the PUC graduate student making the "American Idol" final 24.



Davis

Lowell residents are not the only ones on Team Davis.

Northwoods Dining kept booths and tables filled Wednesday night, with its televisions tuned into Fox.

Web sites dedicated to the 25-year-old management major promote Davis' singing abilities as well.

Friends and family log into amydavisidol.blogspot.com and congratulate the aspiring model and singer on her advancement in the "Idol" competition.

Others claim Davis is the "American Idol Season 7 Sex symbol," according to celebriodiot.com.

Yet along with positive feedback comes criticism.

Comments criticizing Davis' vocal abilities fill the pages of many sites, includes those at votetheworst.com.

Blogs devoted to the "bad" singer wish for her immediate elimination from the show. Others claim Davis' model career and swimsuit photo shoots solely helped her placement in the top 24.

Despite the mixed comments, plenty remain supportive of Davis — including friend Chris Goult.

"Amy definitely has the talent to make it to the finals," Goult said.

CTIS Connection

Information Technology Services at Purdue University Calumet

Connect Your Laptop to Calnet

Purdue University Calumet offers free wireless internet access to its students, faculty, & staff. To take advantage of this service though, there are a few things you need to do:

1. Sign up for network access.

Go to <http://www.calumet.purdue.edu/wireless>

Click on Registration Form under Quick Links

Fill out the form with your information

Wait for the reply information

2. Configure your laptop for network access

Go to <http://www.calumet.purdue.edu/wireless>

Click on Network Connection Instructions under Quick Links

Find the set of instructions that fits your operating system

Follow the instructions to configure your wireless card

If you experience difficulty or would like assistance setting up your laptop, you can bring it to Gyte 133, or Powers 216. One of the technicians there can configure it for you.

3. Sign on to the network

Use your Novel username and password just like you were signing on to a computer on campus.

For more information on coverage areas or on the wireless network itself, please visit: <http://www.calumet.purdue.edu/wireless>.

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Your feedback on our services is always welcome. Please send your comments to Customer Service Center at csc@calumet.purdue.edu.

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★ 7pm-9pm ★

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Textbooks

Continued from page 1

The buyback price of texts decreases from 50 percent to between 10 and 30 percent when professors wait until after finals week to adopt texts, according to bookstore manager Becky Birch.

Michael Kull, administrator and textbook committee chairman, said five weeks prior to the beginning of a term, it becomes very difficult for anybody, even Follett, to guarantee course material will be available.

"You can imagine the competition as you get closer to an academic term," said Kull. "It's like trying to score a touchdown once you get inside the 10 yard line. Your playing field is much smaller and it becomes more difficult."

Used text availability increased from 30 percent to 42 percent from the fall to spring semesters of the 2007-08 school year, according to Kull.

Kull became responsible for amending contractual agreements with the university, which played a role in Follett posting text information. The university appointed student advocate Vytenis Damusis as a liaison between the professors and Follett. He is responsible for the timeliness of text adoptions.

"My job is to be the chancellor's muscle as far as getting people to respond to the deadlines," said Damusis. "The faculty is not to blame in the sense of being malicious about it or not willing to do it. It's more that they aren't particularly informed about the need for [early textbook adoptions] or the consequences of it."

Student Government Association is also involved with the issue.

They have sent a survey to instructors regarding their text adoptions.

SGA President Jimada Robinson said the survey should allow SGA to find out which professors have made text adoptions so it can be collaborated for students to view on the SGA Web site.

This puts the responsibility on professors for adoptions, she said.

Students have struggled in previous semesters to get ISBN's for their texts and, in many cases, were forced by time restraints to purchase texts from either the campus bookstore or Suburban Textbooks.

Chancellor Howard Cohen appointed two groups to undertake the text dilemma. A working group identified issues and a subsequent committee suggested solutions.

The four matters identified by the working group were: an inconsistent deadline for text adoptions; the void of communication channels between department secretaries and Follett; a culture of distrust between the two parties; and faulty practices by the bookstore for ordering the correct quantity of an adopted text.

Concerted efforts by the university have addressed the first two issues directly this past semester with the appointment of a student advocate and a concrete deadline.

The latter issues are difficult to handle by administrative action but should be causally-affected, according to Kull.

Shopper

Continued from page 1

ment heads or deans instead of seeing them personally.

The results of the data collection project were sent to faculty and staff following its completion.

Heather Cook, an adviser and instructor for the Department of Communication and Creative Arts, said she was shocked when she read the report.

Cook explained advisers suggest appointments in order to ensure that all questions are answered effectively and completely.

She also said the report is not representative of the way the communication advisers normally perform.

The study, which was conducted May through June 2007, occurred during the peak registration period.

Cook said communication advisers do their best to facilitate international and foreign language-speaking students.

"I don't think anyone comes to work thinking, 'how many people can I piss off today?'"

Fred Williams, director of Student Services

In the event that neither the adviser nor the student can understand each other, the adviser will call staff members who can help everyone communicate effectively, Cook said.

She said she is interested in

improving her service, but does not know where to start.

The study does not specifically say which department shoppers experienced problems with advisers. The study says information concerning specific departments can be requested, but it does not specify who to contact.

"This is not just information to put up on the shelf,"

Wes Lukoshus, vice chancellor for advancement

Yahya Kamalipour, the department head for the Department of Communications and Creative Arts, was also displeased with the way the information was given. He said he would have preferred it if an additional report was given to each department describing what the shoppers experienced there.

He also said the report generalizes the information.

Fred Williams, director of Student Services, agrees the university could improve in light of the survey.

"Across the board, the university could use improvement," he said.

Williams was most concerned about the lack of courtesy staff members extended.

Williams explains not all customers are pleasant when dealing with staff members. However, he says this is not an excuse to be rude.

"You have to have the right mentality to deal with the public," he said.

Williams said each person is different, and therefore staff must be prepared to adapt to every situation.

"I don't think anyone comes to work thinking, 'how many people can I piss off today?'" he said.

Williams said he has not heard any complaints concerning the Student Services department. But once he read the report he advised the staff to be polite to everyone entering the department.

Wes Lukoshus, assistant vice chancellor for advancement, said a committee is being assembled to address these concerns.

"This is not just information to put up on the shelf," Lukoshus said.

Lukoshus says although the campus has been expanding greatly in the past few years, it would be irresponsible to say more staff would compensate for the problems listed in the report.

"Bottom line, it's a wake-up call," he said.

Pick up a copy:

To obtain a copy of the Data Collection Project survey, stop by Student Activities in SUL-104B.

Police Blotter

The police blotter was unable to be obtained from University Police prior publication.

The Chronicle will run the blotter for two weeks for next week's issue.

Tax time is a good time to take a look at IRAs

It's not too late to open a new IRA or contribute to the one you have BEFORE you file your taxes. Let's get together to see how COUNTRY can help with your financial future.

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Don't let technology fool you



Ryan Metz
Sports Editor

I was duped into humiliation at Subway because of technology on my last visit to get a tasty foot long.

I was minding my own business in line when I noticed an older gentleman in front of me talking and gesturing my way. Of course I felt obligated to respond to him.

"Pardon me?"

He turned and I noticed this blinking bug-like gadget in his ear. It was a Bluetooth headset. Now I was caught in the awkward situation, because he looked at me like an idiot.

Someone please tell me why they feel it's necessary for these devices to be used?

Since when did holding a phone up to your ear become so rigorous?

Do people realize how odd they look and sound with Bluetooths (Blue teeth?) in their ears, to be cackling, talking loudly and gesturing with no one even around them.

In fact, a University of Utah study has found that drivers using cell phones, even hands-free devices, experience a decrease in the ability to process peripheral vision, creating a potentially lethal self induced "tunnel vision." And while most studies have focused on the distractions of dialing or holding a phone, the Utah research tried to focus on the distractions caused by having a conversation.

The fact that your mind is engaged in the conversation is the deterrent, as opposed to the fact one of your hands is off the steering wheel holding onto your phone.

The study shows reaction times were slowed by 20 percent and resulted in some of the 20 test subjects missing half the red lights they encountered in simulated driving.

Cities like Chicago implementing bans against drivers caught using hand-held cell phones, and dishing out \$50 fines if caught, adds to the debate whether this law should be in place.

Certainly there are just as many distractions in your vehicle: changing to the next track on the CD player, a woman putting on her makeup, or even the person who feels the need to catch up on the news by reading a paper.

With technology junkies always trying the newest and greatest device on the market, it has created a society of people walking around aimlessly appearing to be talking to themselves on these Bluetooths.

Play it smart and don't let the technology fool you into owning one of these devices.

Have feedback? Readers can contact Ryan Metz at chronicle_sports_editor@yahoo.com or (219) 989-2547.



THE CHRONICLE

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Mike Schaefer, Production Manager
Brian Bultema, News Editor
Ryan Metz, Sports Editor
Nathyn D. Gibson, Photo Editor

Hidden textbook solutions

The issue: Promotion of textbook initiative

Our opinion: Students need to know it exists

PUC faculty handled the national issue of textbook cost and availability but their job is not finished. It is the sixth week of the semester and students have not heard a squeak from the university about its text solution aside from the front page story and this article.

Many students may have noticed the flyers and e-mails floating around campus. These promotions range from "important" financial information, to the newest intramural sport. Information on texts for summer courses will become available the second week of March, and there are no promotions in sight.

This is an important issue. Students overpay for texts every semester and there are faculty saying they finally have a solution. It seems counterintuitive that PUC administrators are sitting on their hands when it comes to informing students.

They should be blanketing the campus with flyers and posters; overflowing every student e-mail; and screaming about it from the rooftops of all the buildings. What is the use of ISBN's being available online when none of the students know? There might be an reason.

PUC faculty members involved with the initiative could be keeping it relatively hidden in case the operation goes wrong. They could make sure professors and bookstore personnel play nice before the full student body is aware.

The original working group was charged with identifying the causes of text cost and availability issues. One of the major issues concerning texts was a culture of distrust between PUC and Follett faculty.

There were many reasons given by the committee for this distrust, but the underlying issue dealt with the disparity between

their goals. PUC's ambition is student success and Follett's is maximizing profits.

This semester is the first attempt at putting text information on the internet, in a timely fashion, for students to view. PUC would be greatly embarrassed if this initiative failed and the culture of distrust was exposed publicly. It would be a lot less embarrassing if no one witnessed its exposure.

PUC faculty may be a little wary of Follett's commitment to putting out text information, and professor's commitment to timely text adoptions. Putting this initiative through a test-run could save involved faculty members' humiliation.

Students need to be told about the new text information. This initiative was a waste of time and manpower if students remain in the dark.

Segregation in Calumet Falls is nonexistent

Nathyn D. Gibson

Photo Editor



While it's still being debated to this day, I do not believe there is segregation on campus. When I discussed this issue with friends, their defense was, "just look at Calumet Falls."

The Calumet Falls argument states that black people tend to hang around the booths while white people hang out around the couches.

Apparently, this means people of other ethnic backgrounds don't hang out or are not allowed in that area at all. This logic would also state the white people who sit in the booths and black people who sit on the couch don't count.

For the past two years, everyday that I am on campus, I hang out in Calumet Falls and a majority of the time is spent on the couches with people I share interests with.

Upon observation, I did not see people sitting next to each other solely because they belonged to the same race. I did see people sitting next to people who they share the same interest with.

When certain people stumble upon these cliques, they might only notice the color of their skins. This is what sparks the thoughts of segregation.

Instead of focusing on the color of the skin, they should consider other factors such as common interests the the group of friends have.

Someone who isn't a fan of music, like rap or country music, probably won't associate with people who talk about that genre of music all the time, just as someone who dislikes video game won't hang out with video game enthusiasts. People tend to bond with people who they share the same interest with.

Just look at the arcade room in Calumet Falls. It is common to see people of mixed backgrounds facing each other in video games, at all times of the day. They share the same interest so they play videogames together.

Is race a factor? The answer is no.

Saying that there is segregation today is an insult to the people who actually when through segregation. True segregation would allow only one social or racial group to hang out in a room at a time. Comparing it to the actual situation is completely ludicrous.

The Chronicle Editorial Policy

The views expressed in submitted commentaries and letters to the editor do not necessarily reflect the views of The Chronicle or Purdue University Calumet. The Chronicle is not an official publication of Purdue University Calumet.

The Chronicle welcomes reader input. Letters and commentaries must include the writers name, class standing or other affiliation and a telephone number for verification. The more concise the letter, the better chance of publication.

All materials submitted to The Chronicle become the property of The Chronicle. The Chronicle reserves the right to edit for clarity, accuracy, space and news style. Deadline for submissions is the Friday before the publication.

Have something to say?

Write a Letter to the Editor. E-mail us at chronicle@calumet.purdue.edu and be sure to include your name, class, major and a phone number where you can be reached.

Have feedback? Readers can contact Nathyn D. Gibson at chronicle_photography@yahoo.com or (219) 989-2547.

Make way for a new type of touch

Jeff Wozniak
Staff Writer

Anyone not currently living under a rock already knows about the iPhone.

It's shiny. It's pretty. It does really neat stuff when a finger's waved at it, but the iPhone's reign as the only touch phone on the market is coming to an end.

When other companies realized people were tripping over themselves to pay \$600 for a phone with no buttons, the desire to cash in on the craze was too much to resist. As a result, there is a slew of touch phones set to hit the US market this year.

The iPhone's main touch phone rivals come from two of the world's biggest mobile phone manufacturers; Samsung and LG. Even before the iPhone was released in June 2007, LG released its first touch phone, the Prada, in Europe. As the name would suggest, the phone was designed by the famous Italian fashion company.

Unfortunately, the Prada has yet to be officially released in America. The planned release of the new LG Vu indicates that it will never reach America, sadder still for all fashionistas out there.

The Vu is similar to the Prada and is slated for an early 2008 release. Like the iPhone, the Vu owners will be tied to AT&T for their provider. However, unlike the iPhone, the Vu will be the first

More companies are coming up with their own touch phones with bigger and better technology. Among the iPhone is the Prada, Vu and KF700 by LG.

touch phone with digital TV capabilities. The LG Vu will utilize AT&T's newly-upgraded 3G and will likely retail between \$200 and \$250.

In addition to the Vu, LG is also releasing the KF700 which capitalizes user feedback from the

Prada and iPhone to become what LG calls "a new multimedia phone that combines three input methods to create an amazingly intuitive user interface."

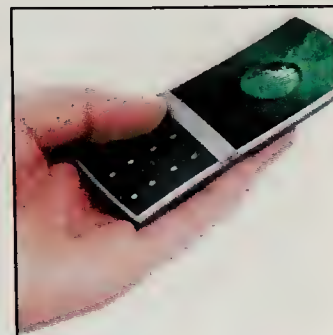
Where the iPhone completely did away with physical buttons, the KF700 retains a sliding alpha-

numeric keypad to facilitate text messaging and dialing. It implements a novel scroll wheel on the back which can be used for selecting six custom shortcuts as well as intuitive functions like web browsing and volume control.

The KF700 uses 3G mobile



htcmobilephones.blogspot.com



networks and is set for March release in Europe. Neither a price nor the United States release date have been announced.

Electronics manufacturer Samsung is releasing its own touch phone, the M4650, based on Windows Mobile 6.0. Aside from offering the familiar Windows Mobile operating system, the M4650 features feedback vibrations when using on-screen buttons. The M4650 is set to release in South Korea with a price tag of about \$550.

Even though the iPhone is dominating the market, other companies are quickly catching up to grab their 15 minutes of fame.

Brew pub offers nothing amazing



Rocky and Stella's offers good food, hard to find beer and live entertainment. This quaint pub is good for other who enjoy a quiet and undisturbed experience.

Kimberly Cheek
Staff Writer

Rocky and Stella's Brew Pub and Grill in Schererville is nothing amazing, but still provides a nice hang out place on the weekend.

The small business, formally known as The Alaskan Pipeline, has been open since July 2007. It does not separate the bar from the grill area, although it would benefit from doing so.

Instead, six tables are spread out across the perimeter and a long bar sits in the middle against a wall. Neon sports-themed signs decorate the walls along with two flat screens above the bar.

However, one wall is covered in Mexican pottery and artifacts. This makes no sense and distracts from the overall sports theme.

A pool table sits on a brick floor in one section, and is free to customers. Two arcade games are available as well.

The bar also has an innovative touch with an iTunes jukebox. It allows customers to play countless songs with the touch of a screen. This is convenient, but takes away from the ambiance of the old fashioned jukeboxes.

It also allows for not-so-conventional, or even tolerable, music. Blaring death metal music played for a majority of the night.

The bar and grill features a wide variety of menu items includ-

ing tacos, nachos, wings, burgers, and fried cauliflower. Other dishes, however, seem less appetizing.

Take the "bootyburner sandwich" for example. This beef sandwich comes with grilled onions, cheese and jalapeno peppers. The peppers are really spicy and, well, you get the idea.

Wine, wine coolers, and bottled beer of all kinds are available. The bar also serves 3 Floyd's beer, somewhat of a rarity in this area. Two or three bartenders are usually present, providing fast service.

Rocky's also has weekly spots open to local singers and acoustic players. Although they are a bit opposed to karaoke, singers with actual talent are welcomed on Wednesdays at 8 p.m. Amps are supplied.

The bar also has a concert coming up. Performers Straight Up will be performing Saturday, Feb. 23 from 9 p.m. to 1 a.m. The cover charge is \$3. Straight Up boasts seven members complete with percussion, vocals, bass, keyboard, and guitar players.

Check it out:

Rocky and Stella's Brew Pub and Grill
200 U. S. 30,
Schererville (Corner of
Route 30 and Austin Ave)
(219) 322-3135

DVD Releases this week

- * American Gangster
- * Michael Clayton
- * Rendition In the Valley of Elah
- * Lust, Caution
- * Margot at the Wedding
- * Beowulf
- * 30 Days of Night
- * The Darjeeling Limited
- * Silk
- * Death at a Funeral
- * Into the Wild

Count and cut calories for healthy weight



Katie Ramsey
Entertainment Editor

The commercials are right—diets don't work.

The key to losing weight is adjusting the way one thinks. It's a change in lifestyle. Diets are thought of as temporary fixes for losing a few pounds. Everyone needs to start thinking beyond that. Getting in the habit of healthy

eating every day will become a routine, something that comes second nature. It's just going to take a little work.

One way is to cut down on the calories. Calories contribute greatly to weight. Your body is set to consume a certain amount of calories per day—usually around 1200—and if this amount is exceeded they become stored fat. That is why portion size is emphasized so much. Go ahead and have that bowl of ice cream, just don't eat the whole carton. It's okay to splurge on life's sugar filled pleasures in moderation.

Let's talk about going out to eat. Most people toss healthy eating to the wind when they are at a restaurant. Being out with friends seems to make people crave carbs and trans fats—not salad and water. If the craving for pasta hits fear not.

Even though AOL.com says that restaurants dish out 4 times the amount of recommended pasta there is a way around this. Eat only a portion about the size of a tennis ball. It will save on mucho calories. This goes for sides like potatoes and rice, too.

Another way to cut calories is to substitute water for pop and other sugary drinks.

Not a fan of water? Try adding a Lipton tea pack to a bottle of water. There are many delicious flavors available like peach, lemon and mango mandarin. These small but mighty packets offer a burst of flavor without the consequences of sugar and calories.

Chomping on gum twice a day for 15 minutes helps cut 36 calories per day. This can add up to 252 cut calories in just one week.

Something as simple as getting up to change channels or fidgeting in class can contribute to a total loss of 350 calories per day.

Eating slower can contribute to consuming 70 less calories than those who wolf down their food. If eating three meals a day this can equal 210 calories.

Make sure there's at least seven hours dedicated to sleep per night. A 16 year study has shown that women who get less than 5 hours of sleep per night are 1/3 more likely to gain 33 pounds in a span of 16 years.

Jig the night away with Flogging Molly

Katie Ramsey
Entertainment Editor

Flogging Molly is an Irish rock band. Plenty of people are not familiar with them, but their sold out shows Friday and Saturday at the House of Blues proves there are a lot of Chicagoians who know who they are and love them.

They've come a long way and have five albums to show their hard work. Their sixth CD "Float" will be out March 4.

The energy at their show was comparable to a Dave Matthews Band concert. Genres of music aside, the vibe and energy at these shows is a diamond in the rough. The appreciation is like riding a Harley Davidson motorcycle and waving at fellow Harley riders as they pass.

It's a given understanding.

Everyone sings along and jigs with Flogging Molly. The atmosphere is alive with true blue fans.

Anyone can go to a concert and write a review on what they

thought. Not many have the opportunity to go backstage. This writer had the opportunity to meet with the band members after the show.

What started as a typical interview turned into inspiration and encouragement.

I got a hold of their touring manager and was led backstage and upstairs. Electric guitarist and backing vocals Dennis Casey was standing in the backroom awaiting. After a brief introduction, I was started with what he thought were "typical questions." I was surprised at how bored he was with some of my initial questions. I asked about crazy stories. Here's what he had to say.

DC: Let me turn this around and ask you. Why is it that everyone asks that question? Everyone wants to know about crazy things that happened on tour.

The Chronicle: Well, it's a way to hook the readers. They want something exciting to read and we're looking for that catchy story that's going to draw them into reading the article.

DC: There's a lot more interesting things going on in the world than what our band did on the road....people need to start reading and paying attention. There's horrible things going on everywhere and that's more important ... that's what Flogging Molly is about. It's about celebrating life. Our music has energy and we celebrate that.

We hope for inspiration. We'd rather get an e-mail from a widowed soldier's wife saying she chose lyrics to one of our songs. She chose to take our words and keep them with him forever. That's a lot more important than the craziness of a tour.

The Chronicle: I've noticed that two of you (band members) have a sparrow tattoo. Is that just a coincidence?

DC: No actually. (He unlaced his boot to show me a sparrow on his sock and the tattoo of a sparrow on his shoulder.) This sparrow symbolizes Innes. It's what we stand for.

Not only was he not boasting about the band, he was encourag-



Chronicle photo by Katie Ramsey

Flogging Molly performed Saturday at the House of Blues.

ing my questions. He was helping right along them, asking if I had more.

Outside it was cold, rainy and windy. I didn't seem to notice any of it. I was so touched by the insight of the man I had just inter-

view that nothing else seemed to matter. It was a conversation that opened my eyes to what's really important. I just never thought a rock and roll band member would be the one to do it.

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T/F: Bats always turn left when exiting caves.

weekly trivia

Sparkling SUVs and dazzling Hybrids

Chicago Auto Show goes 'green' with new environmental-friendly cars

Katie Ramsey
Entertainment Editor

The Dodge Chargers sparked, the Ford Mustangs dazzled and the concept cars were impressive. This year's Chicago Auto Show was unlike any other, as it celebrated its 100th anniversary this year with cars from the past years and current ones on display. One noticeable difference was all the Hybrid cars and SUVs advertised throughout McCormick Place. Chevrolet has released a Hybrid Tahoe. Not only is this better for the environment but it's also a bit easier on the wallet when it comes time to fill up. The Tahoe won the 2008 Green Car Award and is the first SUV to use Hybrid technology.



This year's Chicago Auto Show at McCormick Place celebrated its 100th anniversary with a new lightup of past car models and current ones as well.

Highway gas mileage is 25 to 30 percent better than the gas guzzling Tahoe. It still has a V-8 engine so don't worry about not being able to gun it and act like king (or queen) of the road. The Chevrolet cars are also available in Hybrid. The brand new Hybrid Malibu has been named the 2008 North America car of the year. The engine has the same idea as the Tahoe, but on a smaller scale. The four cylinder engine won't be winning any races but will win the heart of all environ-

mentalists. Chevy isn't the only car company to catch on to this idea. Hyundai's new concept car is called iBlue. It runs off a fuel cell stack, composed of compressed hydrogen. It is capable of going an outstanding 372 miles before it needs refueling. Top speed is 102 mph. Other vehicles are cashing in on the concept of the hydrogen fuel cell. This is the economically wonderful idea of putting nothing more than hydrogen in the "gas" tank and harmless steam is all that is emitted. This will be a popular option in the near future, for SUVs like Avalanche, Escalade and Edge. Cars have come a long way in 100 years. They've gone from having no doors, no traction on the wheels and roofless metal-covered engines to beautifully sleek and performing masterpieces of the road. The auto industry has done a lot to make vehicles more fuel efficient but new technologies are paving the road for neverending improvements.

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l o b o d i n s k i
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k h c i v h i r a k

Peregrines

- Thomas

Collins

McNeal

Krstevski

Elabed

Smith
- Harris

Lobodinski

Hurst

Britton

Latimore

Dugan

Sudoku

*sudoku may have more than one solution

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Hammond Weather

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Monday
February 18
Flurries
27°/7°

Friday
February 22
AM Clouds
32°/22°

Tuesday
February 19
Partly Cloudy
16°/13°

Saturday
February 23
Partly Cloudy
36°/29°

Wednesday
February 20
AM Clouds
22°/14°

Sunday
February 24
Few Snow Showers
33°/22°

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Wanted: Reading Tutor - Riley Child Center (Federal Work Study only)

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Wanted: Server Admin Team Technician - CTIS (Federal or Non-Federal Work Study)

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Wanted: Research Assistant (Professor Xiaoli Yang)

Work schedule/hours per week/wage/salary TBA. Apply online through CareerTrax or visit Student Employment in SUL 349. Job ID: 4115.

Wanted: Student Worker, School of Management (Federal Work Study only)

One job opening. Work schedule TBA. 10 hours per week. \$5.85-\$7.25 per hour. Apply online through CareerTrax or visit Student Employment in SUL 349. Job ID: 5822.

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Wanted: Tutors - Lighthouse Academics Inc. (Federal Work Study only)

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Wanted: Project Employment, Accreditation Project Assistant, Riley Child Center

One opening. One opening. Work schedule/hours per week/wage TBA. Apply online through CareerTrax or visit Student Employment in SUL 349. CareerTrax Job ID: 7111.

Wanted: Various Positions - The Chronicle

Several job openings. Work schedule/hours/wage TBA. Apply online through CareerTrax or visit Student Employment in SUL 349. CareerTrax Job ID: 7226.

Wanted: Graduate Assistant - Office of Financial Aid (Federal Work Study only)

One opening. Work schedule/wage/salary TBA. 20 hour per week. Apply online through CareerTrax or visit Student Employment in SUL 349. Job ID: 7042.

Wanted: Academic Tutor/Mentor Inc. (Federal Work Study Only)

Openings/work schedule/ hours per week/wage TBA. Apply online through CareerTrax or visit Student Employment in SUL 349. CareerTrax Job ID: 5983.

Wanted: Youth Counselor - International Community Alliance (Federal Work Study Only)

Two openings. Work schedule TBA. 20-30 hours per week. \$7-\$9/hr. Apply online through CareerTrax or visit Student Employment in SUL 349. CareerTrax Job ID: 6360.

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Peregrines split series with Wave

Jeremy Homan
Assistant Sports Editor

After beating Calumet College of St. Joseph on their home court, the Peregrines couldn't sweep the season series last Wednesday at the Hammond Civic Center.

The Crimson Wave took care of business, defeating the Peregrines 95-79 to earn the season split.

The Crimson Wave (17-9, 7-3 CCAC) led by as many as 27 in the second half.

It was senior center Tom Radtke who led the attack for the Wave on senior night at the Civic Center.

Radtke scored a game-high 29 points and seven rebounds.

Radtke was followed by freshman Wilfredo Escobar with 25 points. The Wave had four total players score in double figures on the night.

The Peregrines (5-20, 3-6) made a late surge, but the deficit was too much to overcome.

They cut the lead to 11 with 2:40 remaining in the game, but the Wave regained control and finished off the game.

Michael Patton earned a double-double with 18 points and 10 rebounds. Patton hit 4-of-5 from three-point range and hit 7-of-10 shots on the night.

Peregrine leading scorer, junior forward Charles Cruz, scored 19 points, hitting 6-of-15 shots from the field.

The Peregrines shot 43 percent from the field on the night com-



PUC guard Michael Patton drives the ball while being defended by Cal College's Andrew Anderson. Patton finished the game with a double-double, posting 18 points and 10 rebounds.

pared to the Waves 53 percent.

The Wave started the game off fast, but the Peregrines hung with them before the Wave pulled away and went into halftime with an 11

point lead.

The inside presence of the Wave was dominant against the Peregrines' defense.

The Peregrines committed 21

Chronicle photo by Rick Balutewicz

fouls — five of those belonged to junior center Kevin Thomas, who fouled out with just over 12 minutes remaining in the game.

Sports Recaps

Men Feb. 16
PUC 74, PNC 51

PUC	FG	REB	PTS
54 Thomas, K.	1/3	3	2
12 Collins, J.	8/12	0	21
20 Krstevski, K.	0/1	2	0
22 Patton, M.	3/5	9	8
33 Cruz, C.	5/12	12	4
30 Williams, R.	0/3	0	0
31 McNeal, A.	4/4	3	13
32 Latimore, J.	4/10	6	11
23 Elabed, J.	3/7	3	7
25 Sheriff, M.	0/2	3	0
Team	28/59	34	74

Purdue North Central	FG	REB	PTS
11 Byrd, A.	2/2	1	4
2 Bogus, B.	1/6	4	2
23 James, S.	0/14	2	4
31 Polk, T.	3/8	6	8
44 Dobzeniecki, A.	5/8	6	13
15 Moore, T.	1/2	1	5
21 Cernauskas, R.	0/0	0	0
22 Snell, B.	2/3	1	5
5 Jones, A.	3/8	4	10
45 Hudgins, C.	0/0	0	0
4 Howard, H.	0/0	0	0
Team	17/51	27	51

Women Feb. 13
PUC 76, Cal College 61

PUC	FG	REB	PTS
12 Harris, J.	3/9	2	14
22 Lobodinski, C.	2/4	4	5
32 Keilman, S.	5/12	12	12
40 Dugan, S.	6/10	10	14
44 Smith, L.	6/14	7	20
10 Enright, N.	3/9	4	6
24 Robinson, C.	2/4	7	5
Team	27/62	52	61

Cal College	FG	REB	PTS
24 Zimny, S.	0/1	2	4
13 Hudson, L.	5/20	8	17
22 Wiersema, A.	0/3	5	1
33 Bishop, C.	4/12	5	13
41 Pradziad, K.	8/21	6	17
31 Bensinger, P.	1/3	9	9
Team	18/60	39	61

Men Feb. 13
PUC 79, Cal College 95

PUC	FG	REB	PTS
54 Thomas, K.	3/7	5	7
12 Collins, J.	3/10	3	6
20 Krstevski, K.	0/5	1	0
22 Patton, M.	7/10	10	18
32 Latimore, J.	5/9	4	11
30 Williams, R.	3/6	3	8
31 McNeal, A.	0/0	0	0
33 Cruz, C.	6/15	5	19
23 Elabed, J.	2/7	2	6
25 Sheriff, M.	2/2	0	4
Team	31/71	35	79

Cal College	FG	REB	PTS
3 McConnell, W.	1/2	1	2
12 Hall, Z.	3/6	4	10
31 Escobar, W.	6/13	5	25
32 Anderson, A.	2/4	4	8
50 Radtke, T.	12/15	7	29
2 Kelly, G.	3/7	3	8
5 Phelps, M.	0/5	3	0
23 Burkholder, K.	1/3	0	3
33 Contos, J.	0/0	0	0
51 Hanselman, J.	5/7	6	10
40 Irby, A.	0/0	0	0
Team	33/62	39	95

Competing in a league of its own

Joe Wielosinski
Staff Writer

The National Association of Intercollegiate Athletics may not get as much mainstream press as the NCAA, but it has produced many standout athletes, a lot of which most are probably not aware of.

Both PUC men's and women's basketball teams play Division II NAIA basketball, dropping down from Division I in November 2006.

The NAIA began as an eight team tournament in 1937 for smaller colleges to crown a national champion. Known as the NAIB, the tournament grew to 32 teams the following year. By 1952, the NAIA was born.

The association's program has been a large part of the games history.

In 1948, Indiana State University's Clarence Walker became the first African-American to play in any post-season intercollegiate

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS



basketball tournament. In 1953, the NAIA became the first collegiate association to invite historically black institutions to become members.

Since then, the conference has produced many talents. Current Dallas Maverick's head coach Avery Johnson graduated from Southern University in Baton Rouge, La. and went on to win NBA Coach of the Year honors in 2006.

Many other former NBA stars have played hoops for various NAIA teams.

Six time NBA champion and

former Chicago Bull legend Scottie Pippen averaged 17.2 points per game for the University of Central Arkansas Bears, who were a member of the NAIA until 1993.

Another ex-Bull and former NBA bad boy Dennis Rodman was a three time NAIA All-American at Southeastern Oklahoma State University.

Rodman led the NAIA in rebounding in both the 1984-85 and 1985-86 seasons, in addition to a 25 point average per game.

The NAIA is far from a second rate league.



Standings Men

- Judson (16-8, 9-2)
- Trinity Christian (17-10, 8-2)
- Cal College (17-11, 7-4)
- Cardinal Stritch (15-14, 6-4)
- PUC (6-20, 4-6)**
- Trinity Int. (6-21, 2-8)
- PNC (5-23, 0-10)

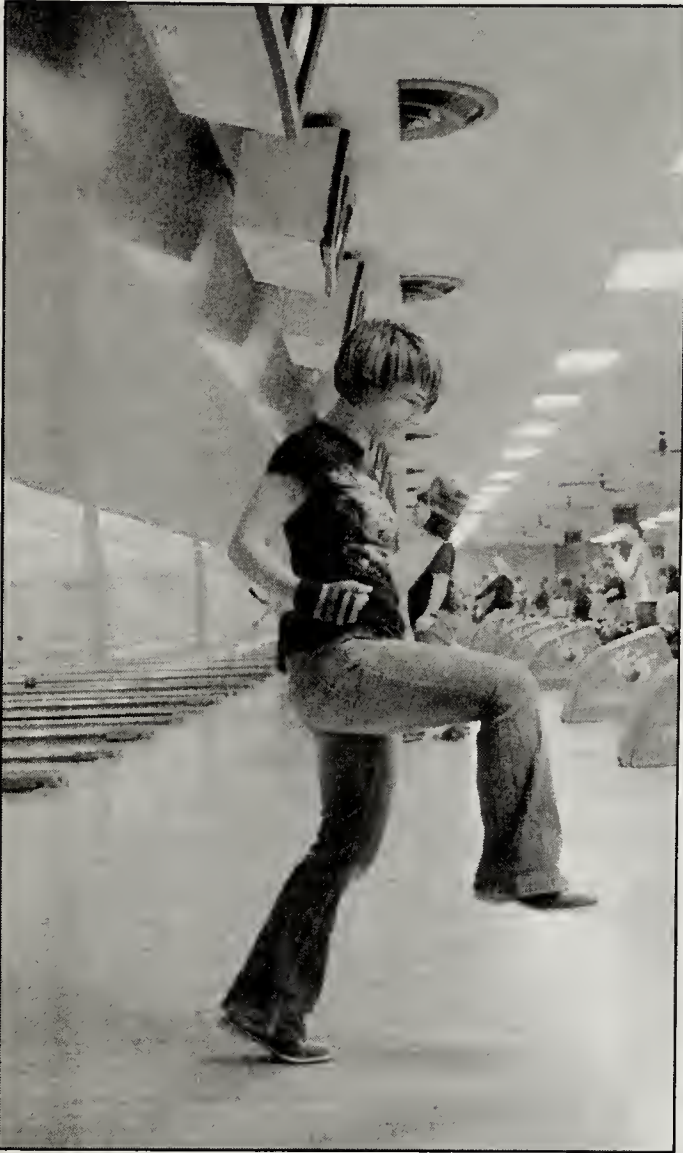
Women

- Cardinal Stritch (23-4, 9-0)
- Judson (11-14, 6-3)
- Trinity Int. (12-16, 6-3)
- PUC (7-21, 3-5)**
- Trinity Christian (9-19, 2-6)
- Cal College (3-24, 0-9)

Intramural schedule this week

- Monday: 4-on-4 Indoor Soccer @ REC Center
- Tuesday: 4-on-4 Co-ed Bowling @ Highland Plaza Lanes
- Wednesday: Open Play Soccer @ REC Center
- Thursday: 6-on-6 Co-ed Volleyball @ REC Center
- Sunday: 5-on-5 Basketball @ Rec Center

Queen pin strikes



Chronicle photo by Nathyn D. Gibson
Gina Bufano, a freshman English major, celebrates after picking up a spare. Intramural bowling is every Tuesday night at Plaza Lanes in Highland.



Ryan Metz's Weekly High Five

1 Al Michaels

Catchphrase: "Do you believe in miracles? YES!"

Michael's voice makes every game feel "big time." He could be calling hop scotch in your backyard and it would feel like something vital to the sports world. He's now teamed up with John Madden on NBC's "Sunday Night Football."

2 Jim Nantz

Catchphrase: "Hello, friends!"

The versatile Nantz is the franchise player for CBS sports. He can be heard calling the NCAA Final Four with Billy Packer or be heard soothing out play-by-play for golf's Masters. He graduated and played golf at the University of Houston and was roommates with professional golfer Fred Couples.

3 Brent Musburger

Catchphrase: "It's a foot race!"

The former Northwestern grad calls college football games for ABC sports. His down-home way of articulating his thoughts makes for enjoyable entertainment. So entertaining that coeds have developed drinking games for each of his popular phrases such as – "folks" or "partner" – a drink for each.

4 Dan Shulman

This 41-year-old, Canadian native is employed by ESPN and can be heard on college basketball and MLB games during the summer. His voice heard on Red Sox games carried by ESPN make for must watch television on a tranquil summer night. Look for big things in the future for this up-and-comer.

5 Marv Albert

Catchphrase: "From downtown ...YES!"

His voice is synonymous with NBA basketball, especially during the old Bulls-Knicks matchups in the '90s. Alberts, was the voice of NBA basketball on NBC, before being ousted after his sexual assault trial in 1997. He now can be found calling NBA games on TNT and football games for Westwood One radio.

A tarnished idol



Joe Wielosinski
Staff Writer

As Irish philosopher Oscar Wilde once said, "man can believe the impossible, but can never believe the improbable."

With all the controversy on Capital Hill the last few months, it seems impossible to believe legendary pitcher Roger Clemens.

Last Wednesday, Clemens and former personal trainer Brian McNamee spoke to Congress and basically played a game of "he said, she said." Clemens said he didn't use any performance-enhancing drugs. McNamee said he did.

Who are we supposed to believe?

It's hard to accept the thought of Clemens as a steroid user. It's almost like a shot through the heart.

I have been a huge fan of the former Cy-Young award winner since I was a youngster.

I'll never forget one moment. I just ended my first day of first grade, and was distraught. Almost all of my friends from kindergarten were not in my class.

My father and I took a trip to Venture (shows you how long ago this was) and my pops told me he would buy me a toy. After walking through the Power Rangers and Batman action figures, I found a section with sports stars. Keep in mind I was only 6 years old at the time of this, and didn't really know too many athletes' names.

I dug through the bin and saw the name Clemens. It was so cool, because Clemens is my middle name and I was often ridiculed about it. Now there was someone else, and I was not alone.

Afterwards, I became a huge fan of the "Rocket". I collected his cards, actions figures, and posters. I wrote numerous letters and drew a picture of him, which was mailed with one of the writings, to show my adoration to the star.

I even attended a 2003 Wrigley Field game when Clemens attempted to pick up his 300th career win. To say Clemens was just a favorite of mine is an understatement. He became a part of my life.

With all of the accusations and finger pointing going on, I don't know what to do or who to believe. I want to take the side of my childhood idol, but it seems like all the odds are against Clemens since it's virtually everyone but Clemens saying he used a performance enhancement.

Think of someone you idolize. Now imagine if you found out they could possibly be a fraud, a liar, or a cheater. Hurts, doesn't it?

Have feedback? Readers can contact
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Women beat Cal College

Ryan Metz
Sports Editor

Wins have been dire for PUC this season. However, the dire days weren't as bad as Calumet College of St. Joseph's season.

PUC had four players reach double figures, helping them beat conference bottom dweller Calumet College 76-61 on Wednesday night at the Hammond Civic Center.

PUC (7-21, 3-5 CCAC) had all seven active players play at least 21 minutes in the win. The win was the Peregrines second time beating Calumet College this year.

Senior forward Linsey Smith led the Peregrines with 20 points, upping her season average to 14.8 points per game, which leads the conference.

Sara Keilman and Shannon Dugan each posted a double-double. Keilman scored 12 points and grabbed 12 rebounds, while Dugan scored 14 points and had 10 rebounds. Freshman guard Jamesha Harris scored 14 points, connecting on 8-of-10 free throws.

The Peregrines led at the half-time, 36-28, and never looked back in the victory.

PUC shot 44 percent from the field, despite only connecting on 3-of-13 from behind the three-point arc.

Solid Peregrine defense forced Calumet College (3-23, 0-8) to make only nine shots each half. They shot a mere 30 percent from



Chronicle photo by Nathyn D. Gibson

PUC coach Tom Megyesi talks to the team after the victory.

the field. Only six players were available to play for the Wave; it was the Wave's fifth straight loss.

Candice Bishop and Lecreia Hudson each posted 17 points in the loss for the Wave.

The Peregrines will travel with the men's team on Wednesday

evening, to play in a doubleheader at Trinity International University. The games in Deerfield, Ill. will begin with the women tipping things off at 5:30 p.m. and the men's game immediately following at 7:30 p.m.

NATIONAL LAMP SPORTS MINUTE ORSO

Nolan Ryan has agreed to become the Texas Rangers' new president, making him the best pitcher in the organization.

Brian McNamee promised he can prove that Roger Clemens took steroids because he has several old syringes and bloody gauze. If true, the items will prove both Clemens' guilt and McNamee's creepiness. Thankfully, McNamee had saved them as a Valentine's Day gift for Amy Winehouse.

Pirates right-hander Tony Armas has agreed to a minor league contract with the New York Mets, because the minor leagues are a step up.

Memphis coach Marc Iavaroni defended trading Pau Gasol to the Lakers, saying it was best for the team. He's right, assuming that team is the Lakers.

And the NFC beat the AFC in the Pro Bowl. But with the ratings as low as they were, we could be making that up.

Mike Tyson and Junior Seau were spotted at a trendy Las Vegas restaurant recently. Seau had the filet mignon while Tyson dined on Lennox Lewis's children.

Carlos Quintana upset previously unbeaten Paul Williams for the welterweight title in Temecula, California. That's the first fight a latino had won in southern California since moments earlier in the parking lot.

Written by Steve Hofstetter,
Keith Alberstadt, Adam Hofstetter,
Cody Marley, Ryan Murphy, Elliot
Steingart, and Chris Strait

Collins ignites as PUC defeats PNC

PUC defense holds PNC to 33 percent from the field

Ryan Metz
Sports Editor

The heat check was inevitable. It's the standard time when a player is in the zone and has the basket looks like the ocean.

It happened with 1:20 remaining in the first half, as PUC freshman guard Josh Collins disregarded any offensive set and pulled up and connected on his fourth 3-pointer of the half.

Collins poured in 20 first half points, helping PUC defeat Purdue North Central 74-51 on Saturday afternoon at Michigan City's Marquette High School.

"When you make a few in a row, you always have to get a heat check, to see if you're really on fire," Collins said. "I just made the open shots. My teammates were looking for me — helping me make open shots. I got lucky I guess."

PUC coach Grayling Gordon had been looking for a player to step up.

"He was feeling it today, and that's what good ball players have to do," Gordon said after defeating the team he coached last year, for the second time of the season. "Sometimes you have to go away

from your system and be able to create for yourself, and we haven't been getting that."

The Peregrines (6-20, 4-6 CCAC) jumped out early and applied suffocating defense to PNC (5-23, 0-10) and forced them to shoot just 33 percent from the field for the entire game.

"I thought we came in with good intensity," Gordon said. "We really spent the last two days after the Calumet (College) debacle working on our defense, and today I thought it showed — we really jumped the ball."

PUC led at the break 41-26, and cruised in the second half, not letting PNC get back in the game and allowing everyone on the Peregrine roster see minutes.

Collins finished the game with a game-high 21 points, shooting 8-for-12 from the field. Game-high rebounding honors was held by PUC's 6-foot-7 inch, freshman guard Michael Patton who snagged down nine.

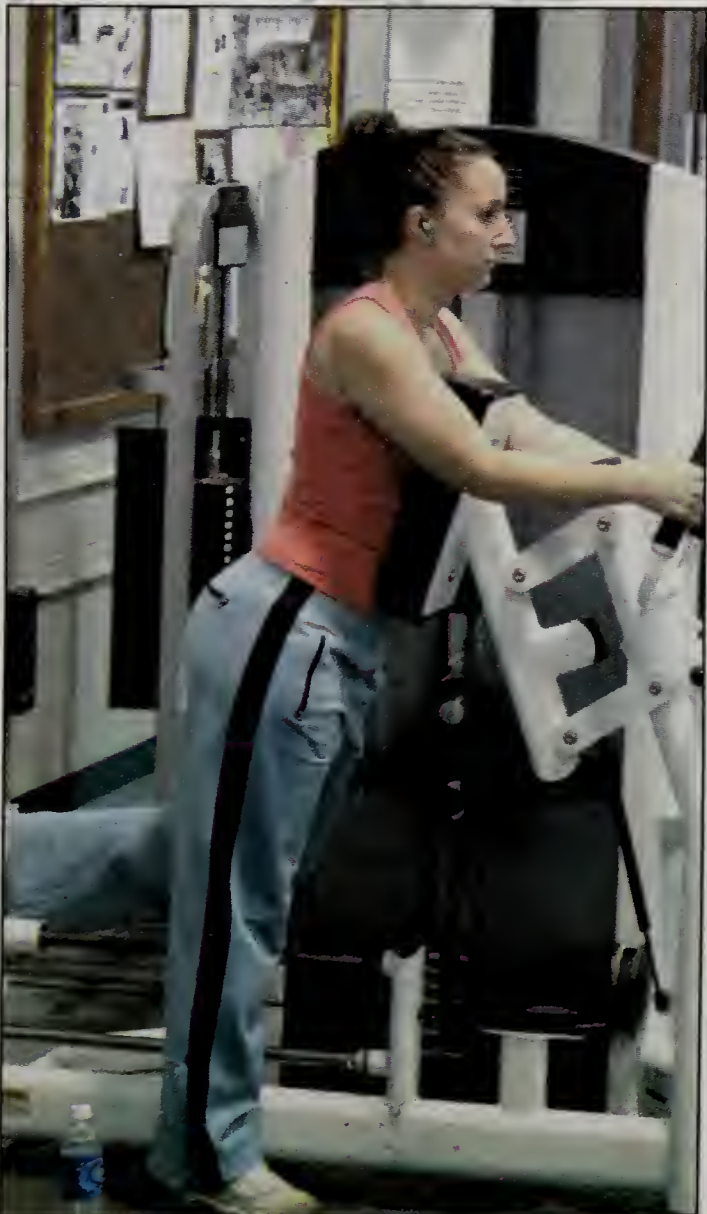
PNC coach Kristofer Schnatz praised the efforts of his former boss.

"I love to see him win, except not against us," Schnatz said. "They were aggressive, and they did a great job."



Chronicle photo by Gary Yoways
Freshman guard Josh Collins dribbles while being defended by PNC's Anthony Jones. The Jesse White Tumblers (above) thrilled audiences at halftime, showing their acrobatics.

Turn up the music and work up a sweat



Joe Wielosinski
Staff Writer

Steven Wagner is unlike many who frequent the REC Center.

When it's time to work up a sweat, Wagner relies on good ol' concentration as his motivator.

"I personally don't listen to music when I exercise. I let my mind wander in my own silence, kind of like a meditating thing," the REC Center employee said.

Plenty others however turn to music to keep their motivation going when it's time to burn off some calories.

What is it about combining the two that helps give those working out an edge at achieving his or her goal?

"Listening to music helps pump you up. It gives you motivation," said Same Condess, a junior

majoring in electrical engineering, as he unplugged his earphones to hear the question.

"Mostly rap and rock is good to listen to. I like Korn a lot," he added.

Studies done by Dr. Costas Karageorghis shows the link between heart rate and music preference as a main link to the psychological benefits of music.

Costas is the associate professor of sports psychology at Brunel University in West London, England.

The research results show that fast tempo music is preferred by listeners at high exercise intensities of around 75 percent maximum heart rate.

Karageorghis discovered that the song's temp should be between 120 and 140 beats-per-minute.

REC Center Director John Bobalik gave a PUC perspective on the theory.

"It's a good diversion," Bobalik said.

Though he doesn't prefer music as his motivator, Wagner does recommend it for others looking to stay energized during exercise.

"Music has a way of innovating people, like just beyond words...just the beat or tempo if the song. If the beat is fast, you're going to go faster. Just like when you're in a car. When it's fast, you're going to drive faster," he said.

For some, music is the way to

get through grueling exercise. For others, it doesn't do any good.

While the music seems to pump up some, some just prefer the company of others while working out.

"I just like to talk to people, you know, come here and see friends," said Fengsonge Wang, a Biology professor. "It takes your mind off of what you're doing. It gets you psyched up," he added.

Popular Workout Choices

Stronger by Kanye West

Machinehead by Bush

Lose Yourself by Eminem

Remember the Name by Fort Minor

Lose Control by Missy Elliot

Enter Sandman by Metallica

The Fitness Center has even made several accommodations.

"We have new treadmills, with iPod hooks on them, it creates an advantage," Bobalik said.

The only way to come up with a real answer to all of these theories is to just try it out. Next time when working out at the gym or doing a few crunches at home, try and see if music helps during the workout.

Chronicle photo by Nathyn Gibson
Sophomore Maggie Cap, a sophomore elementary education major, works out in the Fitness and Recreation Center.